

Issues in Reentry

Advanced Peer Support Session #2

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Session #2 Learning Objectives

As a peer support worker, you will be able to develop an evidence-based plan in writing to address common challenges in reentry, such as housing, employment, reintegration, stigma, and incarceration-related trauma.

Describe	Describe the unique challenges faced by individuals, post-incarceration
Develop	Develop evidence-based strategies for providing effective peer support in re-entry settings
Create	Create a comprehensive written plan that identifies and addresses the unique challenges confronted by individuals post-incarceration


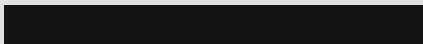


01

REFLECTIVE JOURNAL



Describe the challenges you reflected on in the Jamboard





Set background

Clear frame

Advanced Peer Support Session #2: Issues in Reentry

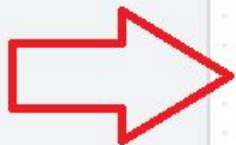
What are some challenges people face in reentry?



Finished
Sticky Notes

Drag here after you type on them

Find
your
name






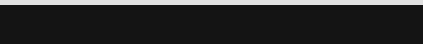




01

CHALLENGES IN REENTRY

What overarching themes presented?



Common Issues in Reentry

**Employment &
Poverty**

**Housing &
Homelessness**

**Stigma,
Discrimination,
& Reintegration**

**Mental Health,
Substance Use,
& Trauma**

**Family & Social
Support**

**Legal & Financial
Issues**



REENTRY CHALLENGES

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graph TD; A[REENTRY CHALLENGES] --- B[Housing & homelessness]; A --- C[Employment]; A --- D[Poverty, hunger, & access to services]; A --- E[Physical health problems]; A --- F[Skills, education, literacy, & training]; A --- G[Family strain, isolation, and lost community]; A --- H[Transportation]; A --- I[PICS/PTSD]; A --- J[Probation/parole requirements]; A --- K[Discrimination, stigma, and ostracization];
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Housing & homelessness

Employment

Poverty, hunger, & access to services

Discrimination, stigma, and ostracization

Physical health problems

Probation/parole requirements

Skills, education, literacy, & training

PICS/PTSD

Transportation

Family strain, isolation, and lost community

02

**PREVALENCE OF
REENTRY ISSUES**



Employment and Poverty

60%

remain unemployed
one year after
release.

5X

the poverty rate
compared to the
general population

10X

more likely to
experience long-term
unemployment

40%

lower wages

Housing and Homelessness

20%

will experience
homelessness within
the first year of
release

14%

of surveyed landlords
were willing to rent
to people with
criminal records

0%

eligibility for federal
housing assistance in
many states with
certain convictions

Mental Health, Substance Use, and Trauma

64%

have a history of
mental health issues

50%

meet the criteria for
substance use
disorder

12X

more likely to die
from an overdose
within the first two
weeks of release

40%

are estimated to
develop PICS
annually

Stigma, Discrimination, and Reintegration

75%

face discrimination
when searching for
employment

66%

face family rejection
or conflict upon
reentry

3X

more likely to avoid
seeking necessary
medical care

76%

report experiencing
social stigma



03

RESPONSIBILITIES AND STRATEGIES

Join your page on Jamboard.



The Role of Peers in Supporting Reentry

1

2

3

4

5

Emotional Support

Active Listening
Validation
Non-Judgmental
Reflective Responses
Empathetic Presence

Role-Modeling

Success Stories
Resilience
Focusing on Growth
Setting Goals
Celebrating

Skill-Building

Stress Management
Identifying Triggers
Communication Skills
Problem-Solving
Positive Self-Talk

Resource Sharing

Resource Exploration
Navigating Services
Referrals
Support Networks
Information

Advocacy

Self-Advocacy Skills
Setting Boundaries
Decision-Making
Self-Expression
Independence

Peer Support Reentry Support

01

**Rapport and
assessing for
strengths, needs,
and challenges**

03

**Identifying
available
resources and
support services**

02

**Setting
measurable
goals and
objectives**

04

**Developing a
timeline and
plan for
implementation**




**Group 1: Poverty &
Employment**

**Group 3: Stigma &
Discrimination**

**Group 2: Housing &
Homelessness:**

**Group 4: Mental Health,
Substance Use, & Trauma**





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Set background

Clear frame

Housing and Homelessness

Group:

Casework



Peer Support



Both



E l i c s	Provide a budget and financial literacy to stable housing maintenance.	Develop a reentry plan that includes housing stability as a long-term goal and helps the individual transition successfully.	Help the individual navigate the application process for housing assistance programs and provide support in completing required forms.
	Advocate on behalf of the individual to address housing discrimination and ensure fair treatment in housing applications.	Collaborate with social service organizations to secure suitable housing options.	Assist with necessary documents such as identification, rental history, and income verification.





Set background

Clear frame



Set background

Clear frame

Housing and Homelessness

Group:

Provide a 2-3 sentence summary outlining the key differences between peer support and casework in this domain.



How can a peer support worker assist somebody with reentry challenges around housing, housing instability, and the risk of homelessness?



Reporting Back

**Group 1: Poverty &
Employment**

**Group 2: Housing &
Homelessness:**

**Group 3: Stigma &
Discrimination**

**Group 4: Mental Health,
Substance Use, & Trauma**



Employment and Poverty

Casework

Provide budgeting advice and financial literacy education to help the individual manage income and expenses.

Connect the individual to job placement agencies, job fairs, and online job boards.

Conduct a comprehensive assessment of the individual's employment history, skills, interests, and barriers.

Identify training and vocational programs that align with the individual's skills and interests to enhance employability.

Match the individual's skills and experience with suitable job opportunities within their local community.

Provide guidance on effective job search strategies, resume writing, and interview preparation.

Assist in finding reliable transportation options to overcome barriers to accessing employment.

Develop a personalized career development plan to help the individual achieve sustainable, long-term employment goals.

Offer coaching on workplace etiquette, communication skills, and conflict resolution to ensure job retention.

GED completion or further education to improve employability.

Peer Support

Share personal experiences of overcoming employment challenges and finding meaningful work after reentry.

Help the individual build self-confidence and self-esteem, addressing any self-doubt related to their employability.

Encourage the individual to identify and showcase transferable skills gained through life experiences.

Offer consistent encouragement, motivation, and emotional support throughout the job search process.

Acknowledge and celebrate every step of progress in the job search and employment journey.



Both

Help the individual develop resilience and adaptability to overcome setbacks and challenges during the job search and beyond.

Introduce the individual to relevant networks support groups, or individuals who have successfully navigated reentry employment.

Collaboratively set achievable short-term and long-term employment goals to maintain focus and direction.

Brainstorm potential solutions to overcome barriers, such as gaps in employment history or lack of formal education.

Share information about job training programs, job openings, and local resources based on personal knowledge and experiences.

Employment and Poverty

Provide a 2-3 sentence summary outlining the key differences between peer support and casework in this domain.

The caseworker helps locate resources and peer support encourages their progress with the resources.

How can a peer support worker assist somebody with reentry challenges around employment and poverty?

A list of employers that will hire those in reentry. Also, public assistance programs that are available. Offer advice and encouragement. Similar to an AA Sponsor. Be a cheer-leader for them. Stay in contact with them.

Housing and Homelessness

Casework

Develop a reentry plan that includes housing stability as a long-term goal and helps the individual transition successfully.

Help the individual navigate the application process for housing assistance programs and provide support in completing required forms.

Connect the individual to housing programs, shelters, and transitional housing options available in the community.

Advocate on behalf of the individual to address housing discrimination and ensure fair treatment in housing applications.

Collaborate with housing agencies, social services, and relevant organizations to secure suitable housing options.

Conduct a thorough assessment of the individual's housing needs, preferences, and any potential barriers.

Provide immediate support and resources in cases of housing emergencies or homelessness.

Facilitate communication between the individual and landlords or property managers to address any concerns.

Peer Support

Provide guidance on budgeting, saving, and financial literacy to ensure stable housing maintenance.

Assist in gathering necessary documents such as identification, rental history, and income verification.

Acknowledge and celebrate small milestones and achievements in the housing journey.

Discuss strategies to prevent housing instability and relapse, addressing potential triggers.

Empower the individual with communication skills and self-advocacy strategies to navigate housing applications and interactions.

Offer encouragement, validation, and emotional support to boost the individual's confidence in navigating the housing process.

Inspire and motivate the individual to stay persistent in their search for housing and to maintain hope.

Provide a safe space for the individual to share their housing-related challenges, fears, and aspirations.

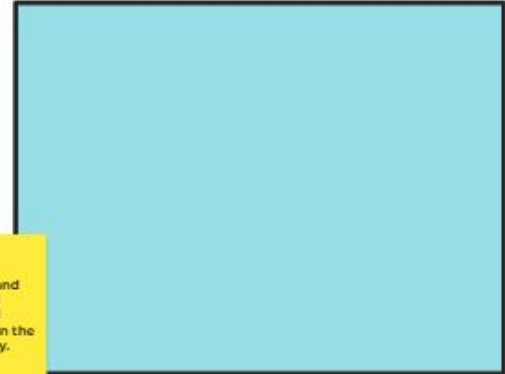
Share personal experiences of housing struggles, reentry challenges, and successful housing outcomes to provide relatable insights.

Collaborate with the individual to brainstorm potential solutions to housing barriers and challenges.

Share information about local housing resources, programs, and support services based on personal knowledge and experiences.

Both

Help the individual connect with other support networks, support groups, or individuals who have successfully navigated housing challenges.



Housing and Homelessness

Provide a 2-3 sentence summary outlining the key differences between peer support and casework in this domain.

Caseworkers role is more for the technical needs, and multiple-party coordination
Peer support specialists is more in basic (non-professional or clinical) emotional needs

How can a peer support worker assist somebody with reentry challenges around housing, housing instability, and the risk of homelessness?

Assist client with experiential knowledge, coordinate programs they might be able to use, and help them get paperwork and other needs accomplished

Stigma, Discrimination, and Reintegration

Casework

Provide guidance on eligibility and the process of expunging or sealing criminal records to mitigate discrimination.

Offer access to support services that address the emotional toll of discrimination and support mental well-being during reentry.

Assist in understanding and navigating legal rights and protections against discrimination in housing, employment, and other areas.

Connect the individual to legal services, organizations, and advocates specializing in discrimination and reentry rights.

Educate the individual about their rights against discrimination and provide information on filing complaints if necessary.

Advocate on behalf of the individual to address discriminatory practices and policies in various aspects of reentry.

Peer Support

Provide education about the impact of stigma and discrimination on reentry success and mental well-being.

Facilitate connections to peer networks and support groups that understand the unique challenges of reentry.

Share personal experiences of overcoming stigma, discrimination, and reintegration challenges to provide encouragement and understanding.

Coordinate workshops or sessions where individuals share their experiences of combating stigma and discrimination.

Encourage positive self-affirmations and self-compassion to counter negative self-perceptions caused by stigma.

Collaborate on building resilience to face societal biases and challenges during the reintegration process.

Both

Acknowledge and celebrate the individual's achievements and milestones in combating stigma and discrimination.

Offer interview coaching, resume-building workshops, and guidance on addressing criminal records with potential employers.

Develop a gradual reintegration plan to address stigma and discrimination challenges.

Encourage individuals to challenge discrimination, and advocate for themselves.

Provide individualized communication and job skills training to address discriminatory situations.

Stigma, Discrimination, and Reintegration

Provide a 2-3 sentence summary outlining the key differences between peer support and casework in this domain.

Peer support provides emotional and other types of practical support from lived experience. Casework involves support as well but also advocacy and from a more clinical and legal perspective.

How can a peer support worker assist somebody with reentry challenges around stigma, discrimination, and reintegration?

By using their lived experiences and knowledge from having helped other peers about how to negotiate these issues.

Reporting Back: Mental Health, Substance Use, and Trauma

Mental Health, Substance Use, and Trauma

Casework

Coordinate with healthcare providers to ensure proper medication management for mental health conditions, if applicable.

Conduct an assessment of the individual's mental health history, substance use patterns, and trauma experiences.

Connect the individual to appropriate mental health services, substance use treatment programs, and trauma-informed therapy.

Collaborate with housing programs that offer supportive environments for individuals with mental health and substance use challenges.

Facilitate connections to support groups and recovery communities that offer understanding and shared experiences.

Help the individual set achievable goals related to mental health, substance use, and trauma recovery.

Help the individual access trauma-informed therapy, counseling, and group support to address underlying trauma.

Peer Support

Encourage the individual to stay committed to their mental health, substance use, and trauma recovery journey.

Share personal experiences of navigating mental health challenges, substance use, and trauma recovery to provide hope and relatability.

Share stories of personal recovery and resilience to inspire hope and motivation in the individual.

Offer non-judgmental emotional support, active listening, and empathy during times of distress.

Both

Share coping techniques, mindfulness exercises, and relaxation methods for managing stress and triggers.

Collaborate on strategies to build resilience and develop a sense of control in the face of challenges.

Acknowledge and celebrate milestones in recovery, no matter how small, to boost self-esteem.

Provide training in coping skills, emotional regulation, and stress management techniques.

Create a safe and non-judgmental space for the individual to express their thoughts, feelings, and concerns related to mental health, substance use, and trauma.

Assist in developing relapse prevention strategies and coping mechanisms for individuals in recovery.

Ensure continuity of mental health and substance use treatment during and after reentry, promoting stability and well-being.

Develop crisis response plans and provide access to crisis hotlines for managing mental health emergencies.

Reporting Back: Mental Health, Substance Use, and Trauma

Mental Health, Substance Use, and Trauma

A case worker is more like an operator making the correct connections to allow people to connect to the necessary resources for success and recovery.

A peer support professional helps the individual focus emotional and personal support, coping strategies.

Provide a compassionate place to listen and perhaps share their own stories of successes and failure dealing with ongoing issues they may have in common.

Practice!

- Review the two role plays
- Switch roles after the first one
- Use the attached worksheet to guide the conversation
- Group 1 - employment
- Group 2 - substance use



Conduct the two role plays and use the attached Road to Recovery Worksheet.

Role Play #1

Role A - Peer Support Worker

You are a peer support worker with experience in providing assistance and guidance to individuals struggling with addiction. You have been abstinent from all substances for approximately five years. Your goal is to offer emotional support, share relatable experiences, and provide insight to help the person you're assisting overcome challenges related to opioid addiction. You understand the importance of maintaining boundaries and are not a substitute for professional treatment nor do you endorse a specific pathway to recovery.

Role B - 28-Year-Old Woman in Recovery

You are a 28-year-old woman who has been recently released from incarceration. You have a history of opioid addiction that led to your incarceration, and you are determined to stay clean and rebuild your life. However, you have been struggling with cravings and have experienced multiple relapses since your release. You often find yourself torn between the desire to use opioids and your strong motivation to change your life for the better. You're participating in a session with a peer support worker to discuss your struggles and find ways to stay motivated and on track.

- SWITCH WHO IS ROLE A AND WHO IS ROLE B -

Role Play #2

Role A - Peer Support Worker:

Same as above.

Role B - 35-Year-Old Man in Ambivalence

You are a 35-year-old man who was released from incarceration recently. You have a history of opioid addiction that contributed to your legal troubles. While part of you wants to change and break free from addiction, another part of you feels ambivalent and unsure about committing to recovery. You have moments of motivation to get clean, but you also feel a sense of resignation and doubt that you can truly change. You're participating in a session with a peer support worker to explore your feelings and thoughts about recovery.



Job Planning Worksheet

Fill out this worksheet alone or with a career counselor.

What am I good at? Knowing your strengths is an important first step.

What are my weaknesses? What kinds of things are hard for you to do? What things don't come naturally to you?

What do I know how to do? Take some time to think about your skills. This could include skills you learned on the job, in prison programs, or by caring for family members.



Check some of the things you like to do.

- I like to work with people. I like solving problems. I like caring for people who are sick.
- I like working with food. I like building things. I like being part of a team.
- I like working with animals. I like being creative. I like being my own boss.
- I like routine. I like communicating with others. I like being a leader.
- I like using my hands. I like making a difference. I like variety in the things I do.
- I like working with computers. I like helping people.